Mental Health Resources

General

**Mental Health America** - MHA is driven by its commitment to promote mental health as a critical part of overall wellness, including prevention services for all; early identification and intervention for those at risk; integrated care, services, and supports for those who need them; with recovery as the goal.

Website: [https://www.mhanational.org/?gclid=Cj0KCQiA_8OPBhDtARIsAKQu0gY948aWTP-LN3nrX00pNG0N36ZZwqmc1lvgrAwClzJP_G6lkCQCE1aArntEALw_wcB](https://www.mhanational.org/?gclid=Cj0KCQiA_8OPBhDtARIsAKQu0gY948aWTP-LN3nrX00pNG0N36ZZwqmc1lvgrAwClzJP_G6lkCQCE1aArntEALw_wcB)

Phone: 703-684-7722

Languages: English

**National Alliance on Mental Illness NYC** - Our mission is to help families and individuals affected by mental illness build better lives through education, support, and advocacy.

Website: [https://www.naminycmetro.org/?gclid=Cj0KCQiA_8OPBhDtARIsAKQu0gZs goNv7xjlu-fyEnXkJeOcr2SmWvpLFXVFta1faTb2N4CDYywTjOwaAob0EALw_wcB](https://www.naminycmetro.org/?gclid=Cj0KCQiA_8OPBhDtARIsAKQu0gZs goNv7xjlu-fyEnXkJeOcr2SmWvpLFXVFta1faTb2N4CDYywTjOwaAob0EALw_wcB)

Phone: 800.950.1264 (NAMI) Helpline: 212-392-1297

Languages: English, Spanish

**Mayor’s Office of Community Mental Health and Thrive** - Works toward a New York City where more New Yorkers get the mental health treatment they need and fewer mental health needs become crises.

Website: [https://mentalhealth.cityofnewyork.us/](https://mentalhealth.cityofnewyork.us/)

Phone: 1-888-692-9355
School Support

**Children’s Mental Health and Emotional or Behavioral Disorders Project (PACER Center)** - Helps families of children with mental health, emotional, and behavioral disorders navigate multiple systems of care to access necessary supports and services.

Website: [https://www.pacer.org/cmh/learning-center/positive-behavior/](https://www.pacer.org/cmh/learning-center/positive-behavior/)

Phone: 952-838-900 (8:00 a.m. - 5:00 p.m. CST, M-F)

Languages: Hmong, Spanish, Somali, English

**LGBTQIA+**

**The Lesbian, Gay, Bisexual & Transgender Community Center** - The Center provides a range of programs, services and counseling options to help our LGBT communities protect and preserve their health – from mental health support to coping with substance use or living with HIV and AIDS.

Website: [https://gaycenter.org/recovery-health/health/](https://gaycenter.org/recovery-health/health/)

Phone: 212-620-7310

Languages: English, Deaf and hearing-impaired callers can reach The Center through the New York State Relay Service: 800.662.1220 (TDD/TTY), 800.421.1220 (voice).

**The Door** - Provides health, legal, education, counseling, and career services, The Door offers programming and services geared towards LGBTQ Members.

[https://door.org/programs-services/lgbtq/](https://door.org/programs-services/lgbtq/)

Youth Talk Line 800.246.7743
Ali Forney - Committed to saving the lives of LGBTQ+ young people, Ali Forney’s mission is to protect them from the harms of homelessness and empower them with the tools needed to live independently. They run a 24-hour drop-in center, help with housing, provide job readiness education, and health services, among other programs.

Website: https://www.aliforneycenter.org/

Phone: 212-222-3427

Languages: English

Substance Abuse

Outreach Residential Program - Runs a dedicated residential treatment programs, for young people (12-18 years old) so they can focus full-time on their recovery through intensive, on-site treatment designed especially for them.

Website: https://opiny.org/residential-teens/

Phone: 833.674.6967

Language: English

Suicide Prevention

The Lifeline - provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States.

Website: https://suicidepreventionlifeline.org/

Telephone: 1.800.273.TALK (8255)

Languages: English, Spanish, Accommodations for those who are Deaf or hard of hearing
Life is Precious/La Vida es Preciosa - Latina Girls Club & Suicide Prevention Program that operates out of centers in Brooklyn, Queens, the Bronx, and one opening soon in Washington Heights.

Website:  https://www.comunilifelip.org/
Telephone: 646.367.6382
Language: English, Spanish

Save Our Street Crown Heights/Bed-Stuy - S.O.S. works closely with local organizations, neighborhood churches and pastors, community residents and the individuals most likely to commit a shooting.

Phone: 718.773.6886
Language: English

NYC Well is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.

Website: https://nycwell.cityofnewyork.us/en/
Telephone: 888-692-9355 or text “WELL” to 65173
Language: Over 200

Vocational

Opportunities for a Better Tomorrow has a mission to break the cycle of poverty and inequity through education, job training, and employment, with locations in Sunset Park, Industry Clty, Bushwick, and Jamaica.

Website:  https://obtjobs.org/
Grief Support for Youth

**Calvary Hospice** - Calvary’s bereavement programs address the special problems that can arise when a child or adolescent suffers the devastating loss of a parent, sibling, or other loved one.

Website: [https://www.calvaryhospital.org/patients-families/bereavement-department-welcome/childrens-bereavement-support/](https://www.calvaryhospital.org/patients-families/bereavement-department-welcome/childrens-bereavement-support/)

Telephone: 718-518-2000 ext. 2281

Language: English

**Young Adult Institute: National Institute for People with Disabilities** - Offers Clinical services, crisis support, education, employment support, day support, residential services, among many other programs.

Website: [https://www.yai.org/getting-started](https://www.yai.org/getting-started)

Telephone: 212-273-6182

Language: English